

Leafy Greens

Did You Know

- While there are hundreds of varieties of lettuce, there are four main types: butterhead (e.g., Boston, bibb), crisphead (iceberg), looseleaf (e.g., red leaf, green leaf), and romaine.
- Most varieties that can be used for cooking, such as collards, kale, mustard greens, turnip greens, and bok choy, are part of the cabbage family (Brassicaceae). Other varieties of greens, like Swiss chard, are related to the spinach family (Amaranthaceae).
- The average American eats about 30 pounds of lettuce every year. That's about five times more than in the early 1900s.
- Salad greens may be one of the oldest known vegetables. There are pictures of wild forms of lettuce in Egyptian tomb paintings and written accounts of lettuce that date back to 79 A.D.
- Leafy greens are not a large part of Montana's agricultural landscape. Produce such as lettuce, spinach, collards, and chard only amount to about 13 acres of farmland across the state. However, they are easy to find at farmers markets and are great vegetables for gardens.

Gardening

Greens are perfect for growing in school gardens! Most greens (especially spinach) are quick growing, frost-tolerant, and generally easy to grow. Plant a variety of lettuce, chard, spinach, and other greens to make a "salad garden" and encourage kids to sample and compare the different types. Plant seeds directly in your garden 4-6 weeks before the last frost (be sure to read your seed packet for specifics on each variety). Lettuce can be planted in succession every two weeks to ensure a steady supply throughout the growing season.

Selection

Avoid greens that have brown, yellow, spotted, wilted, or slimy leaves.

Storage

Store greens in a plastic bag in the refrigerator for 2-5 days. Romaine and leaf lettuce should be washed and dried before storing. Store greens away from fruits that naturally produce ethylene gas (pears, apples, bananas, tomatoes, and melons) as they will quicken spoilage.

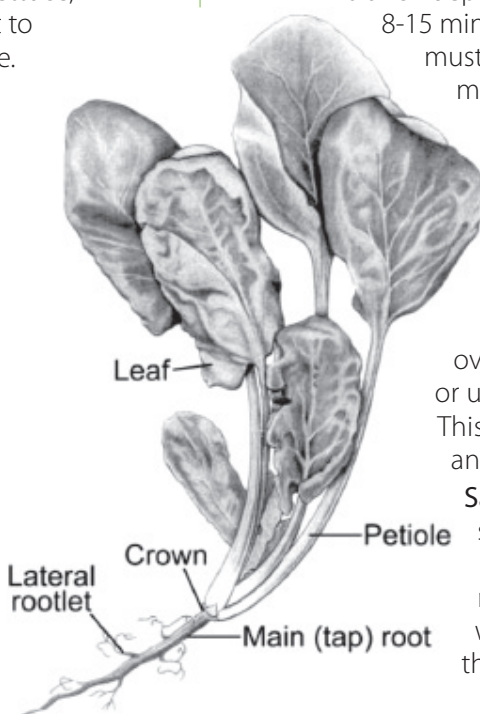
Cooking

Prior to preparing, wash greens thoroughly in running water to remove any soil. Cooked greens reduce in size by 75-80% compared to fresh greens.

Blanch or Boil. Remove dried or thick stems. Bring water to a boil, enough to cover the raw greens. Add greens and blanch depending on type of greens: collards, 8-15 minutes; beet greens, turnip greens, and mustard greens, 5-8 minutes; chard, 2-4 minutes; baby greens, less than a minute. Cook until desired tenderness is reached.

Braise. Cut large greens and keep small greens whole. Remove dried or thick stems. Drizzle cooking oil in a heated pan, add low-sodium seasonings if desired. Cook greens over low heat for about 20 minutes or until desired tenderness is reached. This method is ideal for collards, chard, and kale.

Salad. Add a variety of raw greens to salads for added flavor, texture, and visual appeal. To serve tougher greens raw, massage the finely cut greens with acidic dressing. This will tenderize the greens and enhance the flavor.



— Continued on page 4 —

Turkey, Spinach, and Apple Wraps

HACCP Process: ☒ 1 – No Cook ☐ 2 – Cook & Same Day Serve ☐ 3 – Cook, Cool, Reheat, Serve ☐ 4 – SOP Controlled

Ingredients	6 Servings	25 Servings	Directions
Honey wheat wraps, 12-inch	3 wraps	13 wraps	<ol style="list-style-type: none"> 1. Leaving a margin free on the tortilla side closest to you, sprinkle a layer of approximately 1/2 cup greens. Top each layer with 4 slices of turkey. 2. Evenly divide apple slices and lay lengthwise across turkey. Sprinkle 1/4 cup shredded cheese onto wrap. 3. Fold over the end of the wrap closest to you, then the two sides. Roll the wrap as tightly as possible toward the opposite side. Place wraps in a plastic or stainless steel serving pan. Before stacking an additional layer of wraps, first place a piece of parchment paper on top of the bottom layer of wraps. Cover the serving tray with a lid or layer of plastic wrap to retain moisture if preparing 2 hours or more before service. 4. When ready to serve, cut each wrap in half, at an angle. Each wrap provides 2 servings.
Baby spinach leaves, loosely packed	3/4 cup	3 cups	
Thinly sliced turkey breast	24 slices (12 oz)	100 slices (3 1/8 lbs)	
Gala (or other seasonal) crisp apples, sliced very thin	2 apples	6 apples	
Cheddar cheese, shredded	1/2 cup	2 1/4 cups	

Serving Size	1/2 wrap	Pan Size	2-inch full hotel pan	Yield	6, 25 servings
Oven Temperature & Baking Time:		Temperature	Minutes	Temperature	Minutes
		Conventional		Convection	

Meal Component Fulfillment (Based on Serving Size) 1 Serving Provides: • 1 oz grain • 2 1/4 oz meat/meat alternate • 1/8 cup dark green vegetable

Nutrition Analysis : Serving Size: 1/2 wrap					
262	Calories (kcal)	5.15	Saturated Fat (g)	2.06	Iron (mg)
17.93	Protein (g)	36.84%	Calories from Total Fat (%)	201	Calcium (mg)
24.92	Carbohydrate (g)	131.47	Vitamin A (IU)	771.24	Sodium (mg)
10.71	Total Fat (g)	9.94	Vitamin C (mg)	5.13	Dietary Fiber (g)

Notes:

Can soak apples in a mixture of 1 cup water to 1 Tbsp of water or use a anti-browning product to prevent apples from browning.

Source: New School Cuisine (www.vtfeed.org/materials/new-school-cuisine-cookbook)

Sweet Potato, Black Bean, & Chard Stew

HACCP Process: _____ 1 – No Cook ☒ 2 – Cook & Same Day Serve _____ 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients	6 Servings	25 Servings	Directions
Dried New Mexican chili peppers, <i>whole*</i>	1/3 pepper	1 1/2 peppers	<ol style="list-style-type: none"> 1. Sauté chili peppers and onions in oil for 2-3 minutes. For 50 servings, use a roasting pan/square head pan on top of stove. 2. Add cumin and sauté for 2 minutes. 3. Add sweet potatoes, black beans, orange juice, and stock. Bring to a boil. 4. Cover and reduce heat to low. Simmer for 20 minutes or until sweet potatoes are tender. 5. Remove chilies and discard. Add vinegar, salt, pepper, and chard. Cover. 6. Critical Control Point: Heat to 140°F or higher for at least 15 seconds. Critical Control Point: Hold for hot service at 135°F or higher. Portion with 8 fl oz ladle (1 cup).
Onions, <i>diced</i>	2/3 cup	2 3/4 cups	
Vegetable oil	1 Tbsp	1/4 cup	
Ground cumin	1/2 tsp	3/4 Tbsp	
Sweet potatoes, <i>peeled, cubed 1/2"</i>	1 1/4 cups	1 1/2 lbs	
Canned low-sodium black beans, <i>drained, rinsed</i> OR dry black beans, <i>cooked**</i>	1 1/2 cans OR 23 oz	1 1/2 #10 cans OR 6 lbs 1 oz	
Orange juice	1/3 cup	1 1/2 cups	
Low-sodium chicken stock	1/2 cup	2 cups	
Red wine vinegar	1 1/2 tsp	2 Tbsp	
Ground black pepper	pinch	1/2 tsp	
Chard, <i>stems removed, chopped</i>	3 cups	1 lb	

Serving Size	1 cup	Pan Size	20 Y" x 17 W" x 7"	Yield	6, 25 servings
Oven Temperature & Baking Time:		Conventional	Temperature _____ Minutes _____	Convection	Temperature _____ Minutes _____

Meal Component Fulfillment (Based on Serving Size) 1 Serving Provides: • 3 oz meat/meat alternate • 1/4 cup red/orange vegetables

Nutrition Analysis : Serving Size: 1 cup					
222.48	Calories (kcal)	.34	Saturated Fat (g)	3.95	Iron (mg)
10.35	Protein (g)	17.9%	Calories from Total Fat (%)	103.07	Calcium (mg)
43.48	Carbohydrate (g)	8,847.71	Vitamin A (IU)	578.59	Sodium (mg)
4.43	Total Fat (g)	25.75	Vitamin C (mg)	12.25	Dietary Fiber (g)

Notes:

* *In place of the New Mexican Chilies* use California, Anaheim, or Ancho chilies. If using powdered chili use 1 Tbsp Ancho chili powder for each fresh chili substitution.

** Soaking Dry Beans

Overnight Method: Add 1 3/4 qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with bean cooking instructions.

Quick-Soak Method: Boil 1 3/4 qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with bean cooking instructions.

Cooking Beans

Once the beans have been soaked, add 1 3/4 qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

Critical Control Point: Hold for hot service at 135°F or higher or chill for later use. Critical Control Point: Cool to 70°F within 2 hours and to 40°F or lower within an additional 4 hours. 1 lb dry black beans = about 2 1/4 cups dry or 4 1/2 cups cooked beans.

Source: USDA Recipes for Healthy Kids

— Continued from page 1 —

Sauté. Cut large greens and keep small greens whole. Remove dried or thick stems. Drizzle cooking oil in a heated pan, add low-sodium seasonings if desired. Cook greens by stirring over high heat until desired tenderness, about 5-8 minutes. This method is ideal for spinach, collards, chard, bok choy, and mustard greens.

Season. To enhance flavor, season with basil, bay, celery seed, garlic, oregano, tarragon, or thyme.

Smoothie. Add fresh greens such as chard, spinach, or kale to smoothies for a nutrition boost.

Soup or Entrée. Add greens to soups and entrees such as lasagna, quiche, or pizza.

Steam. Remove dried or thick stems. Place greens in a pan with a small amount of water and low-sodium seasonings. Cook on medium heat for 2-4 minutes (depending on size and age of greens), or until desired tenderness.

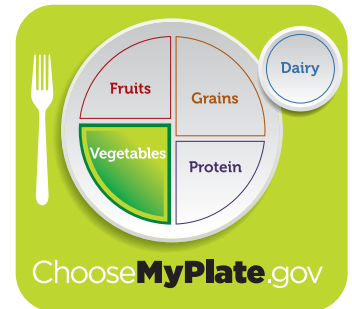
Adapted from the Leafy Greens Food Fact Sheet developed by Montana State University Extension. For the full fact sheet and other resources, visit: <https://nutrition.msuextension.org/>.

Nutrition Information

As a general rule, the more green or vibrant the type of greens, the more vitamins and minerals it contains. While leafy greens have different nutritional profiles, most greens are good sources of folate, vitamin A, vitamin C, calcium, and potassium. Most greens also provide vitamin K, which helps the body stop cuts and scrapes from bleeding too much and starts the healing process.

Dig Deeper

For sources and photo credits along with more recipes, lessons, quick activities, resources, and guides, visit: mtharvestofthemonth.org.



Chard



Spinach



Watercress



Romaine Lettuce

4 Montana Harvest of the Month: Leafy Greens



The Montana Harvest of the Month program showcases Montana grown foods in Montana communities. This program is a collaboration between Montana Farm to School, Office of Public Instruction, Montana Team Nutrition Program, National Center for Appropriate Technology, Montana State University Extension, Gallatin Valley Farm to School, FoodCorps Montana, and Montana Department of Agriculture. More information and resources are available at: mtharvestofthemonth.org.

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